



1LB REGULAR BURRITOS

A 1Lb wrap with a choice of tortilla, protein, toppings & sauces

	Regular	Cals
Bean	8.25	600 - 1310
Chicken	10.99	530 - 1130
Steak	12.85	640 - 1240
Pork	11.49	550 - 1060
Ground Soy	10.75	370 - 970
Sweet Potato	8.99	380 - 980
Shrimp	11.49	450 - 1050
Calamari	11.99	430 - 1030
Basa	9.99	NEW
Haddock	11.99	550 - 1140
Halibut	14.49	520 - 1120



1LB NAKED BURRITOS

A 1Lb bowl with a choice of protein, toppings & sauces

	Naked	Cals
Bean	8.99	
Chicken	12.85	
Steak	14.28	
Pork	13.11	
Ground Soy	11.92	
Sweet Potato	9.99	
Shrimp	12.83	
Calamari	13.59	
Haddock	14.35	
Halibut	17.58	

MIX ANY TWO PROTEINS FOR THE PRICE OF THE MORE EXPENSIVE ONE

Whole Wheat Tortilla Option Available: -10 Calories From All Caloric Ranges / Nutritional Range From White Tortilla, (or No Tortilla if Naked) Cheese & Protein, Ranging To All Toppings



NEW!

3/4 LB JUNIOR BURRITOS

A 3/4 Lb wrap with a choice of tortilla, protein, toppings & sauces

	Junior
Bean	5.99
Chicken	7.49
Steak	8.99
Pork	8.99
Ground Soy	7.49
Sweet Potato	6.49



NEW!

3/4 LB HALF NAKED BURRITOS

A 3/4 Lb bowl with a choice of protein, toppings & sauces

	Half Naked
Bean (Base)	5.99
Chicken	7.75
Steak	8.99
Pork	8.99
Ground Soy	7.75
Sweet Potato	6.75



Whole Wheat Tortilla Option Available: -10 Calories From All Caloric Ranges / Nutritional Range From White Tortilla, (or No Tortilla if Naked) Cheese & Protein, Ranging To All Toppings



1LB 20Z LARGE BURRITOS

A 1 Lb 2oz wrap with a choice of tortilla, protein, toppings & sauces

	Large	Cals
Bean	10.49	600 - 1510
Chicken	13.25	650 - 1350
Steak	15.25	800 - 1510
Pork	13.79	860 - 1250
Ground Soy	12.59	410 - 1120
Sweet Potato	11.56	460 - 1130
Shrimp	13.85	500 - 120
Calamari	13.34	480 - 1180

MIX ANY TWO PROTEINS FOR THE PRICE OF THE MORE EXPENSIVE ONE



1LB GLUTEN FREE BURRITOS

A 1 Lb gluten free wrap with a choice protein, toppings & sauces

	Gluten Free	Cals
Bean	9.99	600 - 1310
Chicken	12.99	530 - 1130
Steak	15.25	640 - 1240
Sweet Potato	11.49	
Shrimp	13.99	380 - 980
Haddock Pan Fried	13.75	450 - 1050

Whole Wheat Tortilla Option Available: -10 Calories From All Caloric Ranges / Nutritional Range From White Tortilla, (or No Tortilla if Naked) Cheese & Protein, Ranging To All Toppings

NEW!

JUNIOR QUESADILLAS

Customizable Quesadillas made on a 10" tortilla
Includes 1 Side Dip.

	Junior
Cheese	5.99
Chicken	8.25
Steak	9.49
Pork	8.99
Ground Soy	7.99
Sweet Potato	6.49

REGULAR QUESADILLAS

Customizable quesadilla made on a 12" tortilla
Includes 2 Side Dips.

	Regular	Cals
Cheese	8.99	570 - 910
Chicken	11.65	800 - 1140
Steak	13.68	910 - 1250
Pork	12.44	910 - 1250
Ground Soy	10.70	640 - 980
Sweet Potato	10.15	650 - 990
Shrimp	12.28	740 - 1080
Calamari	12.69	700 - 1040

GLUTEN FREE QUESADILLAS

Customizable quesadilla, on a 12" gluten free tortilla
Includes 2 Side Dips.

	Gluten Free	Cals
Cheese	11.75	570 - 910
Chicken	13.99	800 - 1140
Steak	15.75	910 - 1250
Sweet Potato	13.32	650 - 990
Shrimp	14.49	740 - 1080

CHOOSE YOUR DIPS 20Z PORTION PER DIP

Salsa 20 Cals • Burrito Sauce 50 Cals • Sour Cream 15 Cals
Mango Salsa 35 Cals • Chipotle Sauce 20 Cals
Sub Two Sides For One Guac 140 Cals
Sub One + 0.88 For One Guac 140 Cals

MADE FRESH
BY US SALSA

100% AVOCADO
GUACAMOLE

Whole Wheat Tortilla Option Available: -10 Calories From All Caloric Ranges / Nutritional Range From White Tortilla, Cheese & Protein, Ranging To All Toppings



FRYZ EXTREME

Fryz with a choice of toppings (no rice or lettuce) & sauces.
Topped with nacho cheese

	Extreme
Bean	6.99
Chicken	9.49
Steak	10.25
Pork	9.99
Ground Soy	8.75
Sweet Potato	7.65



MEGA FRYZ EXTREME

Large fries with choice of toppings (no rice or lettuce) & sauces.
Topped with nacho cheese.

	Mega
Bean	12.49
Chicken	16.75
Steak	17.49
Pork	16.99
Ground Soy	15.35
Sweet Potato	14.00



NACHOS

Nacho chipz with a choice of toppings
Topped with warm nacho cheese. Not oven baked!

	Regular	Cals
Cheese	10.99	570 - 910
Chicken	14.49	800 - 1140
Steak	16.45	910 - 1250
Pork	14.99	910 - 1250
Ground Soy	13.49	640 - 980



6IX DIP & CHIPZ

Includes 2 bags of chips

Original	7.99
Spicy	7.99
Vegan	COMING SOON

CHURROS

6 cinnamon sugar coated churros

Churros	2.99
+ Dip	1.00

STRAWBERRY, CHOCOLATE OR CARAMEL



MAKE IT A COMBO

Add a can of pop or water + side to any order

	Combo
Bag of Chipz, Dip & Pop	3.80
Box of Chipz, Dip & Pop	5.54
Bag of Fries & Pop	3.04
6 Churros & Pop	4.30



Extra toppings & modifications are additional to the calories displayed for the preparation of standard items

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

TOPPINGS

	+ Cals Per A Scoop	
Refried Pinto Beans	150	
Whole Black Beans	150	
Rice	100	
Cheese / Vegan Cheese + 0.50	90	
Lettuce	5	
Tomato	10	
Red Onion	5	
Bell Pepper	5	
Cilantro	0	
Corn	10	
Jalapeno	5	
Pineapple Hot Sauce	5	
XXX Hot Sauce	5	
Guacamole	+ 1.35	140

ADD ANY THREE SAUCES

Salsa	20
Chipotle Sauce	20
Mango Salsa	35
Burrito Sauce / Vegan Burrito Sauce	50
Sour Cream	15
Honey Vinagrette	20

CHIPZ & DIP

Bag of Chipz	3.07	290
(Choice of One Side)		
Box of Chipz	4.30	360
2 Servings - 180 Cals Per Serving (Choice of Two Sides)		

CHOOSE A SIDE(S) (2oz PORTIONS)

Salsa	20 Cals
Burrito Sauce	80 Cals
Sour Cream	90 Cals
Chipotle Sauce	20 Cals
Mango Salsa	35 Cals

Substitute a Side for Guac (140 Cals) + 0.88
Add Nacho Cheese (160 Cals Cals) + 1.84

CALAMARI BITES

8 Pack of Calamari	10.43	260
Comes with 1/2 Lime (10 Cals) and One Side Sub your Side +0.88 For One Guac (140 Cals)		

EXTRAS

		Cals
Small Fries	1.49	
Cheese	1.34	90
Nacho Cheese	1.84	160
Guacamole	1.35	140
Salsa	.68	20
Burrito Sauce	.68	80
Sour Cream	.68	90
1/2 Lime	.46	10
4oz Chicken & Pork	4.97	230 - 340
4oz Steak	5.28	340
4oz Shrimp, Calamari or Haddock	6.29	220 - 250
4oz Halibut	7.75	220
Side Of Rice	2.68	300
White Tortilla	1.05	300
Whole Wheat Tortilla	1.05	280
Gluten Free Tortilla	2.67	110

DRINKS

		Cals
Pop Can	1.78	0 - 160
Fuze Tea	1.88	120
Pop Bottle	3.54	0 - 230
Dasani	2.80	0
Smart Water	3.74	0
Tropik Splash	2.59	240 - 260
Minute Maid Bottle	3.54	210 - 270
Chocolate Milk	2.88	170
Vitamin Water	3.94	0 - 120
Jarritos	3.41	120 - 170
Perrier	3.16	0

NO CHEESE?
SWAP IT
FOR FREE
GUACAMOLE